

Full Report (All Nutrients) 45108173, ZATARAIN'S, SHRIMP FRI, SEAFOOD BREADING MIX, SEASONED, UPC: 071429010703

Powered by [LabelInsight](#)

Report Date: May 18, 2017 19:02 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.66 Tbsp 22g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	70	318
Protein	g	--	--	2.00	9.09
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	16.00	72.73
Minerals					
Iron, Fe	mg	--	--	0.36	1.64
Sodium, Na	mg	--	--	820	3727
Vitamins					
Vitamin A, IU	IU	--	--	100	455

Lipids

Amino Acids

Other

Ingredients

ENRICHED CORN FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC (ACID), ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), CITRIC ACID, GARLIC, LEAVENING AGENTS (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), ONION SODIUM INOSINATE AND GUANYLATE (FLAVOR ENHANCERS), LEMON PUREE, SUGAR, LEMON JUICE, AND NATURAL FLAVOR. *Date Last Updated by Company:* 05/17/2016